

**Program Title:**  
Calling It Quits.

**Contact:**  
Mr. Pat Mitchell, Director of Programs  
(919)968-4453.

**Description:**  
This self-help smoking cessation packet contains two booklets, How To Quit and The Good Life. A slide/tape presentation is also available. For more information, see the detailed program description in Part 1.

**0882. AMERICAN HEART ASSOCIATION, NORTH CAROLINA AFFILIATE, 300 Silver Cedar Court, Post Office Box 2636, Chapel Hill, North Carolina 27514.**

**Program Title:**  
Heart At Work.

**Contact:**  
Mr. Pat Mitchell, Director of Programs  
(919)968-4453.

**Description:**  
The American Heart Association's Heart At Work program is offered to area schools. For more information, see the detailed program description in Part 1.

**0883. AMERICAN HEART ASSOCIATION, NORTH CAROLINA AFFILIATE, 300 Silver Cedar Court, Post Office Box 2636, Chapel Hill, North Carolina 27514.**

**Program Title:**  
Heart Rx.

**Contact:**  
Mr. Pat Mitchell, Director of Programs  
(919)968-4453.

**Description:**  
The American Heart Association's Heart Rx program is offered to area health care providers. For more information, see the detailed program description in Part 1.

**0884. AMERICAN HEART ASSOCIATION, NORTH CAROLINA AFFILIATE, 300 Silver Cedar Court, Post Office Box 2636, Chapel Hill, North Carolina 27514.**

**Program Title:**  
Heartbeat Journal Packet.

**Contact:**  
Mr. Pat Mitchell, Director of Programs  
(919)968-4453.

**Description:**  
This heart health education newspaper series has been

developed to teach heart health to students in grades 4 through 6. Each packet contains materials for six students.

**0885. AMERICAN HEART ASSOCIATION, NORTH CAROLINA AFFILIATE, 300 Silver Cedar Court, Post Office Box 2636, Chapel Hill, North Carolina 27514.**

**Program Title:**  
In Control.

**Contact:**  
Mr. Pat Mitchell, Director of Programs  
(919)968-4453.

**Description:**  
The home video, developed by the American Lung Association, is available for use with the Heart Rx program or any worksite cessation program. For more information, see the detailed program description in Part 1.

**0886. AMERICAN HEART ASSOCIATION, NORTH CAROLINA AFFILIATE, 300 Silver Cedar Court, Post Office Box 2636, Chapel Hill, North Carolina 27514.**

**Program Title:**  
Putting Your Heart Into The Curriculum.

**Contact:**  
Mr. Pat Mitchell, Director of Programs  
(919)968-4453.

**Description:**  
This program is a resource package of educational materials and activities for students in kindergarten through high school. The three modules were developed to address risk factor areas and designed for integration into an existing school health educator program.

**0887. AMERICAN HEART ASSOCIATION, NORTH CAROLINA AFFILIATE, 300 Silver Cedar Court, Post Office Box 2636, Chapel Hill, North Carolina 27514.**

**Program Title:**  
Save A Sweet Heart.

**Contact:**  
Mr. Pat Mitchell, Director of Programs  
(919)968-4453.

**Description:**  
The American Heart Association's Save A Sweet Heart program is offered to area schools. For more information, see the detailed program description in Part 1.

**0888. ANSON COUNTY HEALTH DEPARTMENT, Post Office Box 473, Wadesboro, North Carolina 28170.**

**Program Title:**  
Dangers Of Smokeless Tobacco.

**Contact:**  
Ms. Fannie Ingram, Health Educator  
(704)694-5188.

**Description:**  
A brief lecture is presented to senior citizens participating in the nutritional mealsite programs. The presentation emphasizes the health hazards of smokeless tobacco and its effects on the body. Mr. Gross Mouth, a model of teeth, tongue, and oral cavity that accurately shows the effects of the deadly habit, will be on display. Pamphlets and brochures on the subject of smokeless tobacco are distributed. The participants are able to recognize the health hazards resulting from the use of smokeless tobacco, describe the chewing and dipping procedure, and identify the danger signs of cancer of the mouth.

**0889. DURHAM COUNTY HEALTH DEPARTMENT, HEALTH EDUCATION DIVISION, 414 East Main Street, Durham, North Carolina 27701.**

**Program Title:**  
FreshStart.

**Contact:**  
Kathleen R. Heise, M.P.H., Health Promotion Coordinator  
(919)688-9375.

**Description:**  
The American Cancer Society's FreshStart program is designed to help participants stop smoking by providing them with all of the essential information and strategies needed to direct their own efforts at stopping. For more information, see the detailed program description in Part 1.

**0990. GUILFORD COUNTY DEPARTMENT OF PUBLIC HEALTH, 301 North Eugene Street, Post Office Box 3508, Greensboro, North Carolina 27401.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Ms. Tracy Enright, Program Director  
(919)373-3568.

**Description:**  
Smoking cessation programs are offered to county employees using the American Lung Association's Freedom From Smoking clinic format, self-help manuals, or video programs. For more information, see the detailed program description in Part 1.

**0991. HAYWOOD COUNTY HEALTH DEPARTMENT, 2216 Asheville Road, Waynesville, North Carolina 28786.**

**Program Title:**  
Drug And Alcohol Education.

**Contact:**  
Lynne C. Ward, R.H.Ed., Health Educator  
(704)452-6675.

**Description:**  
Information on smokeless tobacco and cigarettes is included in this program that is regularly offered to grades 4 through 8. The program includes a basic review of drug classifications and effects, laws, and decision making skills. Many audiovisual aids are used, including flipcharts on drug classifications, drug placebo display, and graphic pictures of oral and lung cancer caused by smoking and smokeless tobacco.

**0992. HAYWOOD COUNTY HEALTH DEPARTMENT, 2216 Asheville Road, Waynesville, North Carolina 28786.**

**Program Title:**  
Drug And Drug Abuse Update.

**Contact:**  
Lynne C. Ward, R.H.Ed., Health Educator  
(704)452-6675.

**Description:**  
This program, which includes information on smokeless tobacco and cigarettes, is offered regularly to high school students and also to adults. The program is designed to refresh students' memory on drug classifications and the effects and health risks of drug use. Emphasis is placed on new information about existing drugs, and new drugs and their effects are described. Special emphasis is placed on recognizing the signs that may indicate addiction and what may be done to obtain help. Audiovisual aids are used and take-home materials are supplied.

**0993. IREDELL COUNTY HEALTH DEPARTMENT, Post Office Box 1268, Statesville, North Carolina 28677.**

**Program Title:**  
Drugs, Alcohol, And Tobacco.

**Contact:**  
Ms. Paula G. Troutman, Health Educator  
(704)843-7291.

**Description:**  
The portion of the Drugs, Alcohol, and Tobacco program dealing with tobacco comprises two 1-hour sessions. The program is available to County employees, local industry, and other groups. The objective of the program is to increase awareness of the short- and long-term effects of smoking on the individual and significant others. It is a general program, taught lecture style with transparencies, discussing why people smoke, financial costs of smoking, smokeless tobacco, and secondhand smoke. Participants receive printed

educational materials and a reference list of area smoking cessation programs.

**0994. NORTH CAROLINA DEPARTMENT OF HUMAN RESOURCES, DIVISION OF HEALTH SERVICES, Post Office Box 2091, Raleigh, North Carolina 27602-2091.**

**Program Title:**  
Preconceptional Health.

**Contact:**  
Ms. Margie Rose, Head, Family Planning Branch  
(919)733-4871.

**Description:**  
This is a health promotion program focusing on young women attending Family Planning clinics. The purpose is to identify risks before pregnancy occurs. Women who smoke are counseled and referred to smoking cessation programs in the community.

**0995. NORTH CAROLINA DEPARTMENT OF HUMAN RESOURCES, DIVISION OF HEALTH SERVICES, Post Office Box 2091, Raleigh, North Carolina 27602-2091.**

**Program Title:**  
Prenatal Care Program.

**Contact:**  
Dr. James Rhyne, Head, Maternal and Child Health Branch  
(919)733-7791.

**Description:**  
In the Prenatal Care Program, pregnant women who smoke are counseled on the risk they are taking and encouraged to reduce or quit smoking. Women who decide to quit smoking are referred to smoking cessation programs that are available in the community.

**0996. NORTH CAROLINA DEPARTMENT OF HUMAN RESOURCES, DIVISION OF HEALTH SERVICES, Post Office Box 2091, Raleigh, North Carolina 27602-2091.**

**Program Title:**  
Chronic Diseases.

**Contact:**  
Mr. Amin Khalil, Head, Health Education Branch  
(919)733-7081.

**Description:**  
In the Chronic Diseases Program, counseling and information on the risks of smoking and tobacco use are provided to smokers who seek chronic disease screening services as well as to patients with a diagnosed chronic illness.

A community educational program on the prevention of cancer has been developed for use by local health departments. Information on smoking and smokeless tobacco as risk factors in cancer is provided.

**0997. NORTH CAROLINA DEPARTMENT OF HUMAN RESOURCES, DIVISION OF HEALTH SERVICES, Post Office Box 2091, Raleigh, North Carolina 27602-2091.**

**Program Title:**  
Statewide Health Promotion Program.

**Contact:**  
Ms. Meredith Cosby, Head, Health Promotion Branch  
(919)733-7081.

**Description:**  
During 1986 the Statewide Health Promotion Program was operational in 29 counties in North Carolina. Most of these projects provided information on smoking as a risk factor in the program's effort to reduce the risks of the leading causes of adult morbidity and mortality in the funded counties. Each county applying for funds determines the problem and target population that will be addressed through a needs assessment. The program, which so far has operated with Federal funds, is being expanded to fund every local health department through a new State appropriation.

**0998. ONSLOW COUNTY HEALTH DEPARTMENT, 612 College Street, Jacksonville, North Carolina 28540.**

**Program Title:**  
FreshStart.

**Contact:**  
Peggie L. Garner, R.H.Ed., Public Health Educator  
(919)347-6021.

**Description:**  
The American Cancer Society's FreshStart program is provided to the public on request. For more information, see the detailed program description in Part 1.

**0999. PARK RIDGE HOSPITAL, Naples Road, Fletcher, North Carolina 28752.**

**Program Title:**  
Breathe-Free Plan To Stop Smoking.

**Contact:**  
Mr. Phillip Collins, Program Coordinator  
(704)684-8501.

**Description:**  
The Seventh-Day Adventists' Breathe-Free Plan To Stop Smoking is offered. For more information, see the detailed program description in Part 1.

**1000. RANDOLPH COUNTY HEALTH DEPARTMENT, Ira McDowell Governmental Center, 2222 South Fayetteville Street, Asheboro, North Carolina 27203.**

**Program Title:**  
Hypnotherapy Smoking Cessation Clinic.

**Contact:**  
Ms. MiMi Cooper, Director of Health Education  
(919)629-2131 ext.3249.

**Description:**  
The hypnotherapy smoking cessation clinic is lead by Dr. Richard Lovelace, an area psychologist with 25 years' experience in hypnotherapy. The program consists of questions and answers concerning hypnotherapy, positive thinking and language training, hypnotherapy inductions, and training for home use. The clinics are sponsored locally in conjunction

with the American Lung Association and are available to any interested persons at the cost of \$35.

**1001. SAMPSON COUNTY HEALTH DEPARTMENT, Rowan Road, Clinton, North Carolina 28328.**

**Program Title:**  
FreshStart.

**Contact:**  
Ms. Carolyn King, Health Educator  
(919)592-1131.

**Description:**  
The American Cancer Society's FreshStart program is offered to the general public. For more information, see the detailed program description in Part 1.

## NORTH DAKOTA

**1002. AMERICAN HEART ASSOCIATION, NORTH DAKOTA AFFILIATE, 1005 12th Avenue, S.E., Post Office Box 1287, Jamestown, North Dakota 58401-1287.**

**Program Title:**  
Save A Sweet Heart.

**Contact:**  
Ms. Barb Sand, Program Director  
(701)252-5122.

**Description:**  
This is a program implemented by students to increase the awareness of the effects of smoking. For more information, see the detailed program description in Part 1.

training and how to conduct each session and analyze the results. There is no charge for this program.

**1004. NORTH DAKOTA STATE DEPARTMENT OF HEALTH, State Capitol Building, Bismarck, North Dakota 58505.**

**Program Title:**  
Public Education.

**Contact:**  
Stephen L. McDonough, M.D., Chief, Preventive Health Section  
(701)224-2493.

**Description:**  
The North Dakota State Department of Health Consolidated Laboratories completed a comprehensive study on the health risks of tobacco use by North Dakota citizens. The study couples mortality data with tobacco use prevalence information to estimate the tobacco-attributable mortality and economic losses. The report also includes a history of tobacco use in the State, the economic impact of use, and a list of recommendations to achieve a tobacco-free State.

**1003. AMERICAN LUNG ASSOCIATION OF NORTH DAKOTA, 212 North Second Street, Post Office Box 5004, Bismarck, North Dakota 58502.**

**Program Title:**  
CLASP.

**Contact:**  
Ms. Marcie Andre, Program Coordinator  
(701)223-5613.

**Description:**  
CLASP kits represent modified versions of the original program created by the Stanford Heart Disease Program. Kits are designed to teach junior high students to identify and deal with pressures from peers and advertising. The program helps to make students aware of not only the long-term, but also the short-term effects of smoking. Students are involved in experiments, role playing, and discussions, all led by high school team leaders. CLASP kits contain all necessary materials. Also provided are guidelines for team leader

**1005. NORTH DAKOTA STATE DEPARTMENT OF HEALTH, State Capitol Building, Bismarck, North Dakota 58505.**

**Program Title:**  
Smoking Cessation.

**Contact:**  
Stephen L. McDonough, M.D., Chief, Preventive Health Section  
(701)224-2493.

**Description:**

A resource guide listing, by County, all trained smoking cessation programs and leaders has been compiled and will be distributed to health care providers, libraries, and interested people across the State.

**1006. NORTH DAKOTA STATE DEPARTMENT OF HEALTH, State Capitol Building, Bismarck, North Dakota 58505.**

**Program Title:**  
Tobacco Education.

**Contact:**  
Stephen L. McDonough, M.D., Chief, Preventive Health Section  
(701)224-2493.

**Description:**  
In an effort to educate students on the hazards of tobacco use, a resource guide was developed and distributed. The guide lists all available educational resources, including prevention programs and curricula, audiovisuals, and general literature such as pamphlets, books, posters, and magazines.

**1007. NORTH DAKOTA STATE DEPARTMENT OF HEALTH, State Capitol Building, Bismarck, North Dakota 58505.**

**Program Title:**  
Tobacco Free North Dakota.

**Contact:**  
Stephen L. McDonough, M.D., President, Tobacco Free North Dakota Coalition  
(701)224-2493.

**Description:**  
The program has been in operation since December 1985, focusing on all North Dakota children and adolescents. North Dakota adults who are already tobacco users are also targeted. The Coalition has published the Tobacco Free North Dakota Resource Guide, which lists all educational materials available to schools regarding tobacco use. In addition, the Coalition has sponsored expansion of smoking prevention curricula through peer-pressure resistance.

A directory of smoking cessation leaders was published in the fall of 1987. Seminars were held with businesses for establishing worksite smoking policies. Many North Dakota schools are establishing smoke-free school districts and most North Dakota hospitals will have smoke-free facilities by 1988.

**OHIO**

**1008. AKRON GENERAL MEDICAL CENTER, Lovell Wellness Corporation, 400 Wabash Avenue, Akron, Ohio 44307.**

**Program Title:**  
Smokeless.

**Contact:**  
Ms. Katherine Reilly, Health Educator  
(216)384-6000.

**Description:**  
The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

**1009. AMERICAN CANCER SOCIETY, OHIO DIVISION, INC., 5555 Frantz Road, Dublin, Ohio 43017.**

**Program Title:**  
FreshStart.

**Contact:**  
Ms. Margaret Titterington, Director of Public Education  
(614)889-9565 or (800)686-4357 within Ohio.

**Description:**  
The American Cancer Society's FreshStart program is offered throughout the State at no cost. For more information, see the detailed program description in Part 1.

**1010. AMERICAN HEART ASSOCIATION, OHIO AFFILIATE, 6161 Busch Boulevard, Suite 327, Columbus, Ohio 43229.**

**Program Title:**  
Heart At Work.

**Contact:**  
Mr. Bill Leinweber, Director of Community Programs  
(614)436-0958.

**Description:**  
The American Heart Association's Heart At Work program is offered. For more information, see the detailed program description in Part 1.

**1011. AMERICAN HEART ASSOCIATION, OHIO AFFILIATE, 6161 Busch Boulevard, Suite 327, Columbus, Ohio 43229.**

**Program Title:**  
Heart Rx.

**Contact:**  
Mr. Bill Leinweber, Director of Community Programs  
(614)436-0958.

**Description:**  
The American Heart Association's Heart Rx program is offered. For more information, see the detailed program description in Part 1.

**1012. AMERICAN HEART ASSOCIATION, OHIO AFFILIATE, INC., 6161 Busch Boulevard, Suite 327, Columbus, Ohio 43229.**

**Program Title:**  
Save A Sweet Heart.

**Contact:**  
Mr. Bill Leinweber, Director of Community Programs  
(614)436-0958.

**Description:**  
The American Heart Association's Save A Sweet Heart program is offered. For more information, see the detailed program description in Part 1.

**1013. AMERICAN HEART ASSOCIATION, CENTRAL OHIO HEART CHAPTER, 200 East Rich Street, Post Office Box 739, Columbus, Ohio 43216.**

**Program Title:**  
Heart At Work.

**Contact:**  
Program Coordinator  
(614)228-6327.

**Description:**  
The American Heart Association's Heart At Work program is offered. For more information, see the detailed program description in Part 1.

**1014. AMERICAN HEART ASSOCIATION, CENTRAL OHIO HEART CHAPTER, 200 East Rich Street, Post Office Box 739, Columbus, Ohio 43216.**

**Program Title:**  
Heart Rx.

**Contact:**  
Program Coordinator  
(614)228-6327.

**Description:**  
The American Heart Association's Heart Rx program is offered. For more information, see the detailed program description in Part 1.

**1015. AMERICAN HEART ASSOCIATION, CENTRAL OHIO HEART CHAPTER, 200 East Rich Street, Post Office Box 739, Columbus, Ohio 43216.**

**Program Title:**  
Save A Sweet Heart.

**Contact:**  
Program Coordinator  
(614)228-6327.

**Description:**  
The American Heart Association's Save A Sweet Heart program is offered. For more information, see the detailed program description in Part 1.

**1016. AMERICAN HEART ASSOCIATION, MIAMI VALLEY HEART CHAPTER, 124 North Jefferson Street, Dayton, Ohio 45402.**

**Program Title:**  
Heart At Work.

**Contact:**  
Program Coordinator  
(513)224-3571.

**Description:**  
The American Heart Association's Heart At Work program is offered. For more information, see the detailed program description in Part 1.

**1017. AMERICAN HEART ASSOCIATION, MIAMI VALLEY HEART CHAPTER, 124 North Jefferson Street, Dayton, Ohio 45402.**

**Program Title:**  
Heart Rx.

**Contact:**  
Program Coordinator  
(513)224-3571.

**Description:**  
The American Heart Association's Heart Rx program is offered. For more information, see the detailed program description in Part 1.

**1018. AMERICAN HEART ASSOCIATION, MIAMI VALLEY HEART CHAPTER, 124 North Jefferson Street, Dayton, Ohio 45402.**

**Program Title:**  
Save A Sweet Heart.

**Contact:**  
Program Coordinator  
(513)224-3571.

**Description:**

The American Heart Association's Save A Sweet Heart program is offered. For more information, see the detailed program description in Part 1.

**1019. AMERICAN HEART ASSOCIATION, NORTH-EAST OHIO AFFILIATE, 1689 East 115th Street, Cleveland, Ohio 44106.**

**Program Title:**  
Heart At Work.

**Contact:**  
Program Coordinator  
(216)791-7500.

**Description:**  
The American Heart Association's Heart At Work program is offered. For more information, see the detailed program description in Part 1.

**1020. AMERICAN HEART ASSOCIATION, NORTH-EAST OHIO AFFILIATE, 1689 East 115th Street, Cleveland, Ohio 44106.**

**Program Title:**  
Heart Rx.

**Contact:**  
Program Coordinator  
(216)791-7500.

**Description:**  
The American Heart Association's Heart Rx program is offered. For more information, see the detailed program description in Part 1.

**1021. AMERICAN HEART ASSOCIATION, NORTH-EAST OHIO AFFILIATE, INC., 1689 East 115th Street, Cleveland, Ohio 44106.**

**Program Title:**  
Save A Sweet Heart.

**Contact:**  
Program Coordinator  
(216)791-7500.

**Description:**  
The American Heart Association's Save A Sweet Heart program is offered. For more information, see the detailed program description in Part 1.

**1022. AMERICAN HEART ASSOCIATION, SOUTH-WESTERN OHIO CHAPTER, 2936 Vernon Place, Cincinnati, Ohio 45219.**

**Program Title:**  
Heart At Work.

**Contact:**

Program Coordinator  
(513)281-4048.

**Description:**

The American Heart Association's Heart At Work program is offered. For more information, see the detailed program description in Part 1.

**1023. AMERICAN HEART ASSOCIATION, SOUTH-WESTERN OHIO CHAPTER, 2936 Vernon Place, Cincinnati, Ohio 45219.**

**Program Title:**  
Heart Rx.

**Contact:**  
Program Coordinator  
(513)281-4048.

**Description:**

The American Heart Association's Heart Rx program is offered. For more information, see the detailed program description in Part 1.

**1024. AMERICAN HEART ASSOCIATION, SOUTH-WESTERN OHIO CHAPTER, 2936 Vernon Place, Cincinnati, Ohio 45219.**

**Program Title:**  
Save A Sweet Heart.

**Contact:**  
Program Coordinator  
(513)281-4048.

**Description:**

The American Heart Association's Save A Sweet Heart program is offered. For more information, see the detailed program description in Part 1.

**1025. AMERICAN HEART ASSOCIATION OF AKRON DISTRICT AREA, 1236 Weathervane, Suite 300C, Akron, Ohio 44313.**

**Program Title:**  
Heart At Work.

**Contact:**  
Program Coordinator  
(216)867-9987.

**Description:**

The American Heart Association's Heart At Work program is offered. For more information, see the detailed program description in Part 1.

**1026. AMERICAN HEART ASSOCIATION OF AKRON DISTRICT AREA, 1236 Weathervane, Suite 300C, Akron, Ohio 44313.**

**Program Title:**  
Heart Rx.

**Contact:**  
Program Coordinator  
(216)867-9987.

**Description:**  
The American Heart Association's Heart Rx program is offered. For more information, see the detailed program description in Part 1.

**1027. AMERICAN HEART ASSOCIATION OF AKRON DISTRICT AREA, 1236 Weathervane, Suite 300C, Akron, Ohio 44313.**

**Program Title:**  
Save A Sweet Heart.

**Contact:**  
Program Coordinator  
(216)867-9987.

**Description:**  
The American Heart Association's Save A Sweet Heart program is offered. For more information, see the detailed program description in Part 1.

**1028. AMERICAN HEART ASSOCIATION OF EAST CENTRAL OHIO AREA, 1327 Market Avenue, North, Canton, Ohio 44714.**

**Program Title:**  
Heart At Work.

**Contact:**  
Program Coordinator  
(216)536-2871.

**Description:**  
The American Heart Association's Heart At Work program is offered. For more information, see the detailed program description in Part 1.

**1029. AMERICAN HEART ASSOCIATION OF EAST CENTRAL OHIO AREA, 1327 Market Avenue, North, Canton, Ohio 44714.**

**Program Title:**  
Heart Rx.

**Contact:**  
Program Coordinator  
(216)536-2871.

**Description:**  
The American Heart Association's Heart Rx program is offered. For more information, see the detailed program description in Part 1.

**1030. AMERICAN HEART ASSOCIATION OF EAST CENTRAL OHIO AREA, 1327 Market Avenue, North, Canton, Ohio 44714.**

**Program Title:**  
Save A Sweet Heart.

**Contact:**  
Program Coordinator  
(216)536-2871.

**Description:**  
The American Heart Association's Save A Sweet Heart program is offered. For more information, see the detailed program description in Part 1.

**1031. AMERICAN HEART ASSOCIATION OF EASTERN OHIO AREA, 4822 Market Street, Youngstown, Ohio 44512.**

**Program Title:**  
Heart At Work.

**Contact:**  
Program Coordinator  
(216)782-2288.

**Description:**  
The American Heart Association's Heart At Work program is offered. For more information, see the detailed program description in Part 1.

**1032. AMERICAN HEART ASSOCIATION OF EASTERN OHIO AREA, 4822 Market Street, Youngstown, Ohio 44512.**

**Program Title:**  
Heart Rx.

**Contact:**  
Program Coordinator  
(216)782-2288.

**Description:**  
The American Heart Association's Heart Rx program is offered. For more information, see the detailed program description in Part 1.

**1033. AMERICAN HEART ASSOCIATION OF EASTERN OHIO AREA, 4822 Market Street, Youngstown, Ohio 44512.**

**Program Title:**  
Save A Sweet Heart.

**Contact:**  
Program Coordinator  
(216)782-2288.

**Description:**

The American Heart Association's Save A Sweet Heart program is offered. For more information, see the detailed program description in Part 1.

**1034. AMERICAN HEART ASSOCIATION OF NORTHWESTERN OHIO AREA, 215 Community Services Building, 1 Stranahan Square, Toledo, Ohio 43604.**

**Program Title:**

Heart At Work.

**Contact:**

Program Coordinator  
(419)244-3769.

**Description:**

The American Heart Association's Heart At Work program is offered. For more information, see the detailed program description in Part 1.

**1035. AMERICAN HEART ASSOCIATION OF NORTHWESTERN OHIO AREA, 215 Community Services Building, 1 Stranahan Square, Toledo, Ohio 43604.**

**Program Title:**

Heart Rx.

**Contact:**

Program Coordinator  
(419)244-3769.

**Description:**

The American Heart Association's Heart Rx program is offered. For more information, see the detailed program description in Part 1.

**1036. AMERICAN HEART ASSOCIATION OF NORTHWESTERN OHIO AREA, 215 Community Services Building, 1 Stranahan Square, Toledo, Ohio 43604.**

**Program Title:**

Save A Sweet Heart.

**Contact:**

Program Coordinator  
(419)244-3769.

**Description:**

The American Heart Association's Save A Sweet Heart program is offered. For more information, see the detailed program description in Part 1.

**1037. AMERICAN LUNG ASSOCIATION OF NORTH-ERN OHIO, 4614 Prospect Avenue, Suite 307, Cleveland, Ohio 44103.**

**Program Title:**

Freedom From Smoking Clinics.

**Contact:**

Mr. James Corcoran, Program Administrator  
(216)361-8000.

**Description:**

The American Lung Association's Freedom From Smoking clinics are offered on-site at area organizations. For more information, see the detailed program description in Part 1.

**1038. AMERICAN LUNG ASSOCIATION OF NORTH-ERN OHIO, 4614 Prospect Avenue, Suite 307, Cleveland, Ohio 44103.**

**Program Title:**

Freedom From Smoking Instructor Training.

**Contact:**

Mr. James Corcoran, Program Administrator  
(216)361-8000.

**Description:**

The American Lung Association of Northern Ohio, through the American Lung Association National Corps of Clinic Leader Trainers, will teach individuals how to conduct Freedom From Smoking programs at a worksite or in a community setting. The National program, described in Part 1, is used as a basis for this training.

**1039. AMERICAN LUNG ASSOCIATION OF NORTH-ERN OHIO, 4614 Prospect Avenue, Suite 307, Cleveland, Ohio 44103.**

**Program Title:**

Smoking Policy Information.

**Contact:**

Mr. James Corcoran, Program Administrator  
(216)361-8000.

**Description:**

The American Lung Association of Northern Ohio is able to provide two manuals, Creating Your Company Policy and Taking Executive Action, to help organizations attempting to create a smoking policy in the workplace.

**1040. AMERICAN LUNG ASSOCIATION OF NORTH-ERN OHIO, 4614 Prospect Avenue, Suite 307, Cleveland, Ohio 44103.**

**Program Title:**

Teen Targeted Anti-Smoking Program.

**Contact:**

Ms. Pat Westfall, School and Lung Health Coordinator  
(216)361-8000.

**Description:**

This program offers school administrators an alternative to suspending high school students for smoking. By testing their

own bodies' responses on the electronic equipment, students experience the health hazards of just one cigarette. The students participate in the cessation portion of the program. The goals of the program are: 1) to keep the students in the classroom; 2) to provide a unique learning experience; and 3) to provide an opportunity for students to quit smoking.

**1041. AMERICAN LUNG ASSOCIATION OF NORTHWESTERN OHIO, 520 Madison Avenue, Suite 225, Toledo, Ohio 43604.**

**Program Title:**  
Freedom From Smoking Clinics.

**Contact:**  
Ms. Sarah W. Russell, Program Administrator  
(419)255-2378.

**Description:**  
The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

**1042. AMERICAN LUNG ASSOCIATION OF NORTHWESTERN OHIO, 520 Madison Avenue, Suite 225, Toledo, Ohio 43604.**

**Program Title:**  
Freedom From Smoking Self-Help.

**Contact:**  
Ms. Sarah W. Russell, Program Administrator  
(419)255-2378.

**Description:**  
This program is presented in the form of two self-help manuals: Freedom From Smoking In 20 Days and A Lifetime Of Freedom From Smoking. For more information, see the detailed program descriptions in Part 1.

**1043. AMERICAN LUNG ASSOCIATION OF NORTHWESTERN OHIO, 520 Madison Avenue, Suite 225, Toledo, Ohio 43604.**

**Program Title:**  
Freedom From Smoking Self-Help Starter Session.

**Contact:**  
Ms. Sarah W. Russell, Program Administrator  
(419)255-2378.

**Description:**  
One 3-hour program introduces the participant to the major concepts of the Freedom From Smoking cessation program. Materials include audiovisual back-up, a set of FFS self-help manuals, and additional support items.

**1044. AMERICAN LUNG ASSOCIATION OF NORTHWESTERN OHIO, 520 Madison Avenue, Suite 225, Toledo, Ohio 43604.**

**Program Title:**  
Freedom From Smoking Self-Help Starter Session Plus.

**Contact:**  
Ms. Sarah W. Russell, Program Administrator  
(419)255-2378.

**Description:**  
Three 1-hour programs are held during each 2-week period. Participants receive a packet of Starter Session materials before the first session, and all use the Freedom From Smoking In 20 Days manual to quit during the program. Audiovisual back-up, a Former Smokers Panel, and some group support are provided in this program.

**1045. AMERICAN LUNG ASSOCIATION OF NORTHWESTERN OHIO, 520 Madison Avenue, Suite 225, Toledo, Ohio 43604.**

**Program Title:**  
In Control.

**Contact:**  
Ms. Sarah W. Russell, Program Administrator  
(419)255-2378.

**Description:**  
The In Control program includes a videocassette, a 20-minute audiocassette, and a workbook. The videocassette may be purchased or borrowed. For more information, see the detailed program description in Part 1.

**1046. AMERICAN LUNG ASSOCIATION OF SOUTHWESTERN OHIO, 2330 Victory Parkway, Cincinnati, Ohio 45206-2885.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Ms. Paula Monahan, Associate Director  
(513)751-3650.

**Description:**  
The American Lung Association's Freedom From Smoking program is offered monthly at area Group Health Associates' offices. For more information, see the detailed program description in Part 1.

**1047. AMERICAN LUNG ASSOCIATION OF SOUTHWESTERN OHIO, 2330 Victory Parkway, Cincinnati, Ohio 45206-2885.**

**Program Title:**  
Freedom From Smoking In 20 Days.

**Contact:**  
Ms. Paula Monahan, Associate Director  
(513)751-3650.

**Description:**  
A colorful guide through the quitting process is used as a self-help approach to smoking cessation. A relaxation tape is also

available. For more information, see the detailed program description in Part 1.

**1048. AMERICAN LUNG ASSOCIATION OF SOUTH-WESTERN OHIO, 2330 Victory Parkway, Cincinnati, Ohio 45206-2885.**

**Program Title:**  
In Control.

**Contact:**  
Ms. Paula Monahan, Associate Director  
(513)751-3650.

**Description:**  
In Control is a video program that can be used alone or in a group. For more information, see the detailed program description in Part 1.

**1049. AMERICAN LUNG ASSOCIATION OF SOUTH-WESTERN OHIO, 2330 Victory Parkway, Cincinnati, Ohio 45206-2885.**

**Program Title:**  
Smoking Cessation Through Hypnosis.

**Contact:**  
Ms. Paula Monahan, Associate Director  
(513)751-3650.

**Description:**  
Hypnosis is a nonmedical means to achieve smoking cessation in a group setting. A clinical hypnotist provides the hypnotic suggestion to counter the usual traumas associated with breaking the habit, such as weight gain and anxiety. Hypnosis is a deep relaxation with concentration focused on one objective to heighten consciousness. Sessions are held monthly at Quality Inn Central, Norwood.

**1050. AMERICAN LUNG ASSOCIATION OF STARK-WAYNE, 1300 Christmas Seal Drive, N.W., Canton, Ohio 44709.**

**Program Title:**  
Biofeedback Smoking Education Project.

**Contact:**  
Mr. Mike Rogers, Program Director  
(216)456-8275.

**Description:**  
The American Lung Association's Biofeedback Smoking Education Project is offered to area high schools. For more information, see the detailed program description in Part 1.

**1051. AMERICAN LUNG ASSOCIATION OF STARK-WAYNE, 1300 Christmas Seal Drive, N.W., Canton, Ohio 44709.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Mr. Mike Rogers, Program Director  
(216)456-8275.

**Description:**  
The American Lung Association's Freedom From Smoking program is offered. For more information, see the detailed program description in Part 1.

**1052. AMERICAN LUNG ASSOCIATION OF STARK-WAYNE, 1300 Christmas Seal Drive, N.W., Canton, Ohio 44709.**

**Program Title:**  
Freedom From Smoking At Work.

**Contact:**  
Ms. Fran R. Parsons, Director of Public Relations  
(216)456-8275.

**Description:**  
The American Lung Association's Freedom From Smoking At Work program is offered to local businesses. For more information, see the detailed program description in Part 1.

**1053. AMERICAN LUNG ASSOCIATION OF STARK-WAYNE, 1300 Christmas Seal Drive, N.W., Canton, Ohio 44709.**

**Program Title:**  
Hypnosis Stop Smoking Clinics.

**Contact:**  
Mr. Mike Rogers, Program Director  
(216)456-8275.

**Description:**  
The sessions are conducted by a clinical hypnotist who persuades smokers to become nonsmokers in their own minds. The participants remain fully awake, but achieve a state of awareness through concentration and muscle relaxation. During this stage, smokers take control of their habit and focus thoughts toward a nonsmoking lifestyle. Self-hypnosis is also taught so that nonsmokers can reinforce new lifestyles at home.

**1054. AMERICAN LUNG ASSOCIATION OF STARK-WAYNE, 1300 Christmas Seal Drive, N.W., Canton, Ohio 44709.**

**Program Title:**  
STOMPS.

**Contact:**  
Mr. Mike Rogers, Program Director  
(216)456-8275.

**Description:**  
Staff of the American Lung Association teach high school students about respiratory health and the hazards of smoking. Upon completion of the 20-hour course, the participants are commissioned as student instructors. They make presentations to children in the lower grades about peer pressure and the negative aspects of cigarette smoking.

**1055. AMERICAN LUNG ASSOCIATION OF STARK-WAYNE, 1300 Christmas Seal Drive, N.W., Canton, Ohio 44709.**

**Program Title:**

Suspension Alternatives To Students' Smoking.

**Contact:**

Mr. Mike Rogers, Program Director  
(216)456-8275.

**Description:**

Suspension Alternatives To Students' Smoking (SASS) is a smoking intervention program developed by the American Lung Association of Stark-Wayne for the Stark County schools.

This program will provide Stark County school administrators with an alternative to suspension, if a student is in violation of school policy regarding tobacco use. The intent of this program is to increase the awareness of the health factors involved in tobacco use, and to decrease the incidence of tobacco use among Stark County students.

SASS will include the use of biofeedback equipment that will demonstrate the immediate effect of one cigarette on the body. Behavior modification techniques will be used to aid the student in his or her quest to become tobacco free. Evaluations and followup will be conducted at the end of the clinic, every 3, 6, and 9 months, and after 1 year.

**1056. AMERICAN LUNG ASSOCIATION OF OHIO, NORTH CENTRAL BRANCH, 111 East Chestnut Street, Post Office Box 613, Mt. Vernon, Ohio 43050.**

**Program Title:**

Biomonitoring Smoking Education Project.

**Contact:**

Ms. Jeanne Kenney, Branch Director  
(614)392-9366.

**Description:**

This program, based on the American Lung Association's Biofeedback Smoking Education Project, is offered to area schools. For more information, see the detailed program description in Part 1.

**1057. AMERICAN LUNG ASSOCIATION OF OHIO, NORTH CENTRAL BRANCH, 111 East Chestnut Street, Post Office Box 613, Mt. Vernon, Ohio 43050.**

**Program Title:**

Freedom From Smoking.

**Contact:**

Ms. Emily J. Packard, Branch Director  
(614)392-9366.

**Description:**

The American Lung Association's Freedom From Smoking program is offered. For more information, see the detailed program description in Part 1.

**1058. AMERICAN LUNG ASSOCIATION OF OHIO, NORTH CENTRAL BRANCH, 111 East Chestnut Street, Post Office Box 613, Mt. Vernon, Ohio 43050.**

**Program Title:**

In Control.

**Contact:**

Ms. Jeanne Kenney, Branch Director  
(614)392-9366.

**Description:**

The In Control videocassette program is offered and can be used at home or at a worksite. For more information, see the detailed program description in Part 1.

**1059. AMERICAN LUNG ASSOCIATION OF OHIO, NORTH CENTRAL BRANCH, 111 East Chestnut Street, Post Office Box 613, Mt. Vernon, Ohio 43050.**

**Program Title:**

Self-Help Manuals.

**Contact:**

Ms. Emily J. Packard, Program Consultant  
(614)392-9366.

**Description:**

This program is presented in the form of two self-help manuals: Freedom From Smoking In 20 Days and A Lifetime Of Freedom From Smoking. A variety of audiovisuals are used to reinforce the nonsmoking message. For more information, see the detailed program descriptions in Part 1.

**1060. AMERICAN LUNG ASSOCIATION OF OHIO, NORTH CENTRAL BRANCH, 111 East Chestnut Street, Post Office Box 613, Mt. Vernon, Ohio 43050.**

**Program Title:**

Self-Hypnosis Smoking Cessation.

**Contact:**

Ms. Jeanne Kenney, Branch Director  
(614)392-9366.

**Description:**

A clinical psychologist persuades smokers to quit by achieving a state of awareness. Through concentration and deep muscle relaxation, a suggestion directed at quitting smoking is repeated. During this stage, smokers take control of their habit and focus thoughts toward becoming a nonsmoker. A cassette tape for use at home further reinforces the new lifestyle.

**1061. AMERICAN LUNG ASSOCIATION OF OHIO, WESTERN BRANCH, 855 West Market Street, Post Office Box 870, Lima, Ohio 45802.**

**Program Title:**

Freedom From Smoking Clinics.

**Contact:**  
Ms. Charlotte Kleeman, Certified Freedom From Smoking Leader  
(419)228-3335.

**Description:**  
The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

**1062. AMERICAN LUNG ASSOCIATION OF OHIO, WESTERN BRANCH, 855 West Market Street, Post Office Box 870, Lima, Ohio 45802.**

**Program Title:**  
Freedom From Smoking For You And Your Baby.

**Contact:**  
Ms. Nancy Nedilsky, Director  
(419)224-8561.

**Description:**  
This self-help program is designed to assist a pregnant woman in quitting smoking in 10 days. For more information, see the detailed program description in Part 1.

**1063. AMERICAN LUNG ASSOCIATION OF OHIO, WESTERN BRANCH, 855 West Market Street, Post Office Box 870, Lima, Ohio 45802.**

**Program Title:**  
Freedom From Smoking For You And Your Family.

**Contact:**  
Ms. Nancy Nedilsky, Director  
(419)224-8561.

**Description:**  
As a new component to the American Lung Association's Smoke-Free Family campaign, this 54-page manual assists smokers in kicking the habit. For more information, see the detailed program description in Part 1.

**1064. AMERICAN LUNG ASSOCIATION OF OHIO, WESTERN BRANCH, 855 West Market Street, Post Office Box 870, Lima, Ohio 45802.**

**Program Title:**  
Freedom From Smoking Self-Help.

**Contact:**  
Ms. Nancy Nedilsky, Director  
(419)228-3335.

**Description:**  
The American Lung Association's self-help manuals, Freedom From Smoking In 20 Days and A Lifetime Of Freedom From Smoking, are available at a minimal cost. For more information, see the detailed program description in Part 1.

**1065. AMERICAN LUNG ASSOCIATION OF OHIO, WESTERN BRANCH, 855 West Market Street, Post Office Box 870, Lima, Ohio 45802.**

**Program Title:**  
In Control.

**Contact:**  
Ms. Nancy Nedilsky, Director  
(419)224-8561.

**Description:**  
The In Control program includes a videocassette, a 20-minute audiocassette, and a workbook. The videocassette may be purchased or borrowed. For more information, see the detailed program description in Part 1.

**1066. AMERICAN LUNG ASSOCIATION OF OHIO, WESTERN BRANCH, 855 West Market Street, Post Office Box 870, Lima, Ohio 45802.**

**Program Title:**  
Self-Help Plus.

**Contact:**  
Ms. Charlotte Kleeman, Certified Freedom From Smoking Leader  
(419)228-3335.

**Description:**  
Self-Help Plus is offered in three 1-hour sessions during a 2-week period. Participants receive a packet of Starter Session materials before the first session, and all use the Freedom From Smoking In 20 Days manual to quit during the program. Audiovisual back-up, a Former Smokers Panel, and some group support are also provided in this program.

**1067. CITY OF CLEVELAND DEPARTMENT OF PUBLIC HEALTH AND HUMAN RESOURCES, 1925 St. Clair Avenue, Cleveland, Ohio 44114.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Mr. Walter H. Scott, Preventive Health Counselor  
(216)664-2324.

**Description:**  
The American Lung Association's Freedom From Smoking program is offered to county and Federal employees and the public community. For more information, see the detailed program description in Part 1.

**1068. CITY OF CLEVELAND DEPARTMENT OF PUBLIC HEALTH AND HUMAN RESOURCES, 1925 St. Clair Avenue, Cleveland, Ohio 44114.**

**Program Title:**  
Smoking Education.

**Contact:**  
Mr. Walter H. Scott, Preventive Health Counselor  
(216)664-2324.

**Description:**  
Through cooperation with the American Cancer Society, American Lung Association and American Heart Association, tobacco use education programs are presented to school children in kindergarten through grade 12. For students in kindergarten through grade 3, the program focuses on the ills of tobacco use. For those in grades 4 through 6, programs focus on the effects of tobacco on the human body, and for grades 7 through 12, smoking education and a focus on value clarification is presented.

Smoking education will also be provided to three target groups: 1) 2,000 individuals aged 18 to 25; 2) 45 hearing-impaired persons; and 3) 30 disabled veteran minorities.

**1069. CLINTON MEMORIAL HOSPITAL, 610 West Main Street, Wilmington, Ohio 45177.**

**Program Title:**  
Smokeless.

**Contact:**  
Ms. Cynthia Crosthwaite, HealthSense Manager  
(513)382-6611.

**Description:**  
The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

**1070. COLUMBIANA COUNTY HEALTH DEPARTMENT, Post Office Box 396, Lisbon, Ohio 44432-0396.**

**Program Title:**  
BREAK-OUT: Break Out Of The Use Of Tobacco.

**Contact:**  
Barbara Stamp, R.N., Director of Nursing  
(216)424-9511 ext.222.

**Description:**  
The focus of the project is to discourage the use of both smokeless and smoking tobacco among delinquent youth at the Louis Tobin Attention Center. The children range from age 8 to 18 and are considered at risk. The overall goal is to help teenagers acquire knowledge and understanding about how their own health practices and lifestyles influence their chances of future debilitation and chronic disease. The Columbiana County Health Department will present a class once a week on tobacco and attitude adjustment. To support the educational component of this project, the Juvenile Court Judge has required that no tobacco be used in the presence of any court employee at any time. The medical advisor of the health department is available for advice, guidance, and program preparation.

**1071. GALLIA COUNTY HEALTH DEPARTMENT, County Courthouse, Locust Street, Gallipolis, Ohio 45631.**

**Program Title:**  
Desmond, The Dragon.

**Contact:**  
Barbara C. Ephrig, R.N., Program Coordinator  
(614)446-4612 ext.292.

**Description:**  
The Desmond, The Dragon program is presented to all kindergarten through grade 6 County students. The County Health Educator introduces the topic of tobacco prevention and uses pretest questions in assembly situations. The live drama, "Desmond, The Dragon," is then presented. The drama is followed by a review of the content, posttest questions, and practice in how to say no to tobacco.

**1072. GALLIA COUNTY HEALTH DEPARTMENT, County Courthouse, Locust Street, Gallipolis, Ohio 45631.**

**Program Title:**  
FreshStart.

**Contact:**  
Barbara C. Ephrig, R.N., Program Coordinator  
(614)446-4612 ext.292.

**Description:**  
The American Cancer Society's FreshStart program is offered to the general public. For more information, see the detailed program description in Part 1.

**1073. GALLIA COUNTY HEALTH DEPARTMENT, County Courthouse, Locust Street, Gallipolis, Ohio 45631.**

**Program Title:**  
Peer Pressure.

**Contact:**  
Barbara C. Ephrig, R.N., Program Coordinator  
(614)446-4612 ext.292.

**Description:**  
The Peer Pressure program is presented to teenage students annually. Peer pressure is discussed with examples of peer-pressure situations. Ways to say no are discussed, with specific examples of responses. The objective is to teach students to recognize peer pressure as it applies to tobacco use.

**1074. GALLIA COUNTY HEALTH DEPARTMENT, County Courthouse, Locust Street, Gallipolis, Ohio 45631.**

**Program Title:**  
Smoking Is Yucky.

**Contact:**

Barbara C. Ephrig, R.N., Program Coordinator  
(614)446-4612 ext.292.

**Description:**

This program is presented to preschoolers annually. It consists of four 10- to 15-minute sessions. The program emphasizes the ill effects of smoking on the lungs and the heart. The students practice how to say no to tobacco and are shown pictures of role models who do not smoke. Puppets, pictures, sports equipment, posters, and medical equipment are among the displays used.

**1075. GRANT MEDICAL CENTER, 111 South Grant Avenue, Columbus, Ohio 43215.**

**Program Title:**

Smokeless.

**Contact:**

Grant Fitness Center  
(614)461-3880.

**Description:**

The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

**1076. GREENE COUNTY COMBINED HEALTH DISTRICT, 360 Wilson Drive, Post Office Box 250, Xenia, Ohio 45385.**

**Program Title:**

Grade School Tobacco Project.

**Contact:**

Ms. Barbara Wagner, Development Officer  
(513)376-9411.

**Description:**

The program targets students in grades 3 and 4 in six disadvantaged areas of the County. The program objective is to reduce the acceptance and adoption of tobacco use among the students. Topics covered include preassessment of student knowledge, attitude and behavior toward tobacco use, a general introduction, a discussion about the visual aspects of tobacco use, the social aspects of tobacco use, and how to cope with peer pressure and behavior role models.

**1077. GROUP HEALTH ASSOCIATES, INC., 2915 Clifton Avenue, Cincinnati, Ohio 45220.**

**Program Title:**

Freedom From Smoking.

**Contact:**

Mr. Randy O'Neill, Program Coordinator  
(513)872-2044.

**Description:**

The American Lung Association's Freedom From Smoking cessation program is offered. For more information, see the program description in Part 1.

**1078. HAMILTON DEPARTMENT OF HEALTH, 20 High Street at Monument, Hamilton, Ohio 45011.**

**Program Title:**

FreshStart.

**Contact:**

Priscilla Seymour, R.N., B.S.N., Nursing Administrator  
(513)868-5978.

**Description:**

The American Cancer Society's FreshStart program is offered to local industry, as requested. For more information, see the detailed program description in Part 1.

**1079. HEALTH MAINTENANCE PLAN, 2555 South Dixie, Dayton, Ohio 45409.**

**Program Title:**

Freedom From Smoking.

**Contact:**

Ms. Joanne C. Zahora, Health Education Specialist  
(513)296-4000.

**Description:**

A health professional from the health plan conducts the American Lung Association's smoking cessation workshop. For more information, see the detailed program description in Part 1.

**1080. KETTERING CENTER FOR HEALTH PROMOTION, Kettering Medical Center, 3535 Southern Boulevard, Kettering, Ohio 45429.**

**Program Title:**

Stop Smoking Clinic.

**Contact:**

Mr. Larry W. Wilson, Director  
(513)296-7245.

**Description:**

A series of in-depth sessions is offered to those needing professional help to stop smoking. Pretesting and orientation costs \$26; the program fee is \$50. Clinics are offered to businesses as requested.

**1081. OHIO DEPARTMENT OF HEALTH, Division of Chronic Diseases, Post Office Box 118, Columbus, Ohio, 43266-0118.**

**Program Title:**

Ohio Education Program On Smoking And Health.

**Contact:**

Ms. Ellen M. Capwell or Ms. Darlene P. Kreiser, Program Coordinators  
(614)466-2144.

**Description:**

The Ohio Education Program On Smoking And Health serves as a resource center for lay and professional information on tobacco. Literature and educational materials are available upon request. Publications recently developed include the Stamp Out Snuff activity coloring book for school children. A quarterly newsletter, Smoking vs. Health, has a circulation of approximately 350. It includes a summary of new information on tobacco; description of resources; updates on tobacco-related activities of National, State, and local agencies and organizations; and updates on legislation. Ten films on tobacco are currently available on free loan to Ohio residents. Staff provide consultations and make presentations to State and local professionals in community health and education. Staff also consult with employers and employees concerning the development and implementation of workplace nonsmoking policies. They conduct conferences and workshops, provide exhibits, distribute public service announcements, and survey schools, health departments, and businesses. Staff coordinate a Statewide annual tobacco versus health poster contest for students in grade 7 as an awareness activity. The program is also funding and monitoring nine local tobacco prevention projects aimed at preventing youth from using tobacco. The program emphasizes coordination and cooperation of official agencies, voluntary organizations, professional associations, and educational institutions in addressing the tobacco issues. Staff participate in interagency groups and coalitions for this purpose.

**1082. OHIO DEPARTMENT OF HEALTH, Division of Chronic Diseases, Post Office Box 118, Columbus, Ohio 43266-0118.**

**Program Title:**

Ohio Tobacco Prevention Project.

**Contact:**

Ms. Ellen M. Capwell or Ms. Darlene P. Kreiser, Program Coordinators  
(614)466-2144.

**Description:**

The Ohio Tobacco Prevention Project is aimed at young Ohioans. Selected sites, including local health departments, voluntary health agencies, and community youth groups, are

awarded 1-year contracts to develop, implement, and evaluate tobacco prevention programs and reinforcement activities. The overall objectives of the program are: 1) to establish educational programs and initiatives aimed at the prevention of habitual smoking among youth at high risk from becoming adult smokers; and 2) to increase public awareness of the addictive and harmful effects of smokeless tobacco use in geographic areas of high smokeless tobacco use. Programs and supportive services designed to prevent tobacco use have been conducted from preschool through the senior high levels.

**1083. THE CENTER FOR HEALTH PROMOTION AT RIVERSIDE HOSPITAL, 1600 North Superior Street, Toledo, Ohio 43604.**

**Program Title:**

Smokeless.

**Contact:**

Ms. Ann Murray, Program Coordinator  
(419)729-6035.

**Description:**

The Smokeless system, developed by the American Institute for Preventive Medicine, is a highly structured, multifaceted smoking cessation program. Participants learn systematic techniques to prevent the urge to smoke and to eliminate cravings that may develop. Cessation booklets and followup services are provided.

**1084. WILLIAMS COUNTY DISTRICT BOARD OF HEALTH, 310 Lincoln, Post Office Box 146, Montpelier, Ohio 43543-0146.**

**Program Title:**

Healthy Me, Tobacco Free.

**Contact:**

Jean Wise, R.N., Health Educator and Ms. Mindy Schaffner, Health Commissioner  
(419)485-3141.

**Description:**

The County Health Department provides local middle school teachers with audiovisual aids and an educational curriculum on the hazards of tobacco use for use in their classrooms. Also, exhibits featuring Mr. Gross Mouth are planned for each school along with poster contests.

## OKLAHOMA

**1085. AMERICAN HEART ASSOCIATION, OKLAHOMA AFFILIATE, 2915 Classen Boulevard, Suite 220, Post Office Box 11376, Oklahoma City, Oklahoma 73136.**

**Program Title:**

Heart At Work.

**Contact:**

Mr. John Hanley, Associate Executive Director  
(405)521-9838.

**Description:**

For more information on the American Heart Association's

Heart At Work program, see the detailed program description in Part 1.

**1086. AMERICAN HEART ASSOCIATION, OKLAHOMA AFFILIATE, 2915 Classen Boulevard, Suite 220, Post Office Box 11376, Oklahoma City, Oklahoma 73136.**

**Program Title:**  
Putting Your Heart Into The Curriculum.

**Contact:**  
Mr. John Hanley, Associate Executive Director  
(405)521-9838.

**Description:**  
For more information on this American Heart Association program, see the detailed program description in Part 1.

**1087. AMERICAN HEART ASSOCIATION, OKLAHOMA AFFILIATE, 2915 Classen Boulevard, Suite 220, Post Office Box 11376, Oklahoma City, Oklahoma 73136.**

**Program Title:**  
Save A Sweet Heart.

**Contact:**  
Mr. John Hanley, Associate Executive Director  
(405)521-9838.

**Description:**  
The American Heart Association's Save A Sweet Heart program is offered. For more information, see the detailed program description in Part 1.

**1088. AMERICAN LUNG ASSOCIATION OF GREEN COUNTY, OKLAHOMA, 2805 East Skelly Drive, Suite 806, Tulsa, Oklahoma 74105.**

**Program Title:**  
Freedom From Smoking Clinic.

**Contact:**  
Ms. Pam Hollman, Program Director  
(918)747-3441.

**Description:**  
The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

**1089. AMERICAN LUNG ASSOCIATION OF GREEN COUNTY, OKLAHOMA, 2805 East Skelly Drive, Suite 806, Tulsa, Oklahoma 74105.**

**Program Title:**  
Freedom From Smoking In 20 Days.

**Contact:**  
Ms. Pam Hollman, Program Director  
(918)747-3441.

**Description:**  
The American Lung Association's self-help manual is offered. For more information, see the detailed program description in Part 1.

**1090. AMERICAN LUNG ASSOCIATION OF GREEN COUNTY, OKLAHOMA, 2805 East Skelly Drive, Suite 806, Tulsa, Oklahoma 74105.**

**Program Title:**  
In Control.

**Contact:**  
Ms. Pam Hollman, Program Director  
(918)747-3441.

**Description:**  
The American Lung Association's In Control videocassette program is offered. For more information, see the detailed program description in Part 1.

**1091. AMERICAN LUNG ASSOCIATION OF GREEN COUNTY, OKLAHOMA, 2805 East Skelly Drive, Suite 806, Tulsa, Oklahoma 74105.**

**Program Title:**  
Smoking Control Through Hypnosis.

**Contact:**  
Ms. Pam Hollman, Program Director  
(918)747-3441.

**Description:**  
The goal of this nonmedical group hypnosis program is to create a state of increased sensitivity to positive suggestion that helps minimize difficult withdrawal from cigarettes. A local hypnotist conducts the one-session program in Tulsa monthly and in area towns semiannually. Pamphlets and instruction in self-hypnosis are also made available.

**1092. AMERICAN LUNG ASSOCIATION OF OKLAHOMA, Post Office Box 53303, Oklahoma City, Oklahoma 73152.**

**Program Title:**  
Cold Turkey Day.

**Contact:**  
Mr. John G. Rogers, Executive Vice President  
(405)524-8471.

**Description:**  
Cold Turkey Day is a Statewide event in which smokers are encouraged to lay down their cigarettes for at least that 1 day. The belief is that 1 day's success will provide incentive for another until habit mastery is accomplished.

**1093. AMERICAN LUNG ASSOCIATION OF OKLAHOMA, Post Office Box 53303, Oklahoma City, Oklahoma 73152.**

**Program Title:**  
Freedom From Smoking At Work.

**Contact:**  
Mr. John G. Rogers, Executive Vice President  
(405)524-8471.

**Description:**  
The American Lung Association's Freedom From Smoking At Work program is offered. For more information, see the detailed program description in Part 1.

**1094. AMERICAN LUNG ASSOCIATION OF OKLAHOMA, Post Office Box 53303, Oklahoma City, Oklahoma 73152.**

**Program Title:**  
Freedom From Smoking For You And Your Baby.

**Contact:**  
Mr. John G. Rogers, Executive Vice President  
(405)524-8471.

**Description:**  
This 32-page manual is a self-help program designed to assist a pregnant woman in quitting smoking in 10 days. For more information, see the detailed program description in Part 1.

**1095. AMERICAN LUNG ASSOCIATION OF OKLAHOMA, Post Office Box 53303, Oklahoma City, Oklahoma 73152.**

**Program Title:**  
Freedom From Smoking Clinic.

**Contact:**  
Mr. John G. Rogers, Executive Vice President  
(405)524-8471.

**Description:**  
The American Lung Association's Freedom From Smoking clinics are offered. For more information, see the detailed program description in Part 1.

**1096. AMERICAN LUNG ASSOCIATION OF OKLAHOMA, Post Office Box 53303, Oklahoma City, Oklahoma 73152.**

**Program Title:**  
Freedom From Smoking Self-Help Manuals.

**Contact:**  
Mr. John G. Rogers, Executive Vice President  
(405)524-8471.

**Description:**  
The American Lung Association's self-help program is offered.

For more information, see the detailed program descriptions in Part 1.

**1097. AMERICAN LUNG ASSOCIATION OF OKLAHOMA, Post Office Box 53303, Oklahoma City, Oklahoma 73152.**

**Program Title:**  
In Control.

**Contact:**  
Mr. John G. Rogers, Executive Vice President  
(405)524-8471.

**Description:**  
The American Lung Association's In Control videocassette program is offered. For more information, see the detailed program description in Part 1.

**1098. AMERICAN LUNG ASSOCIATION OF OKLAHOMA, Post Office Box 53303, Oklahoma City, Oklahoma 73152.**

**Program Title:**  
Lungs Are For Life.

**Contact:**  
Mr. John G. Rogers, Executive Vice President  
(405)524-8471.

**Description:**  
The American Lung Association's Lungs Are For Life modules are offered to area schools. For more information, see the detailed program description in Part 1.

**1099. AMERICAN LUNG ASSOCIATION OF OKLAHOMA, Post Office Box 53303, Oklahoma City, Oklahoma 73152.**

**Program Title:**  
Smoking And Pregnancy.

**Contact:**  
Mr. John G. Rogers, Executive Vice President  
(405)524-8471.

**Description:**  
The American Lung Association's Smoking And Pregnancy program is offered. For more information, see the detailed program description in Part 1.

**1100. AMERICAN LUNG ASSOCIATION OF OKLAHOMA, Post Office Box 53303, Oklahoma City, Oklahoma 73152.**

**Program Title:**  
Smoking Cessation Through Hypnosis.

**Contact:**  
Mr. John G. Rogers, Executive Vice President  
(405)524-8471.

**Description:**

The nonmedical group hypnosis program is designed to aid in withdrawal from cigarettes. Participants are instructed in the techniques of self-hypnosis to achieve maximum and long-lasting benefits. Sessions are offered monthly in Oklahoma City and in rotation at locations around the State.

**1101. OKLAHOMA STATE DEPARTMENT OF HEALTH,  
1000 Northeast Tenth, Post Office Box 53551,  
Oklahoma City, Oklahoma 73152.**

**Program Title:**  
FreshStart.

**Contact:**  
Mr. Richard M. Gunn, Chief, Health Education and Information  
(405)271-5601.

**Description:**  
The American Cancer Society's FreshStart program is offered in conjunction with the State employee health and wellness promotion activities available through the Oklahoma Office of Personnel Management. Health risk assessment, evaluation, and referral are included in the total package. For more information, see the detailed program description in Part 1.

**1102. STILLWATER MEDICAL CENTER, Box 2408,  
Stillwater, Oklahoma 74076.**

**Program Title:**  
How To Quit Smoking.

**Contact:**  
Bobbi Bryson, R.N., B.S.N., Director of Education  
(405)372-1480.

**Description:**

This program leads participants through the three steps to quitting smoking: 1) getting ready to quit; 2) quitting; and 3) remaining an ex-smoker. Participants analyze why they smoke and discover what kind of smoker they are. They target a quitting day, learn techniques for lessening weight gain, tension, and withdrawal pangs, and build exercise and a healthy diet into a new life.

**1103. TULSA CITY - COUNTY HEALTH DEPARTMENT,  
4616 East 15th Street, Tulsa, Oklahoma 74112.**

**Program Title:**  
Smoking And Health.

**Contact:**  
Ralph R. Wooley, M.D., M.P.H., Director  
(918)744-1000.

**Description:**  
The program is offered, on request, to students in grades 4 and 5. The program lasts 1 hour. The presentation begins with a discussion on the importance of the children's feelings of self-worth. The children are asked to listen to the information given, thinking only of their bodies, and not anyone else's, in order to avoid any overpowering fear of the potential loss of family members who smoke. Factual information is given through slides and 16mm films, appropriate for each grade level, depicting the damage to human tissue because of smoking. I'll Never Start and I Will Stop Club member cards are distributed. The cards are given to help the children become conscious of the importance of never starting and to assist them in helping their parents to stop smoking.

## OREGON

**1104. AMERICAN CANCER SOCIETY, OREGON  
DIVISION, INC., 0330 Southwest Curry Street,  
Portland, Oregon 97201.**

**Program Title:**  
Breaking Free.

**Contact:**  
Ms. Cathy H. Rowland, Public Education Director  
(503)295-6422.

**Description:**  
The American Cancer Society's smoking cessation program for high school students is offered. For more information, see the detailed program description in Part 1.

**1105. AMERICAN CANCER SOCIETY, OREGON  
DIVISION, INC., 0330 Southwest Curry Street,  
Portland, Oregon 97201.**

**Program Title:**  
Breathing Easy.

**Contact:**  
Ms. Cathy H. Rowland, Public Education Director  
(503)295-6422.

**Description:**  
This videocassette program was designed for children aged 10 to 14. The program, which features an imaginary television network and teacher's guide, is loaned at no cost.

**1106. AMERICAN CANCER SOCIETY, OREGON  
DIVISION, INC., 0330 Southwest Curry Street,  
Portland, Oregon 97201.**

**Program Title:**  
Cancer Response System.

**Contact:**  
Ms. Cathy H. Rowland, Public Education Director  
(503)295-6422 or (800)ACS-2345.

**Description:**  
Volunteers answer smoking-related questions and provide tips on quitting.

**1107. AMERICAN CANCER SOCIETY, OREGON DIVISION, INC., 0330 Southwest Curry Street, Portland, Oregon 97201.**

**Program Title:**  
FreshStart.

**Contact:**  
Ms. Cathy H. Rowland, Public Education Director  
(503)295-6422.

**Description:**  
The American Cancer Society's FreshStart cessation program is offered at no cost to individuals and up to \$25 to organizations. For more information, see the detailed program description in Part 1.

**1108. AMERICAN CANCER SOCIETY, OREGON DIVISION, INC., 0330 Southwest Curry Street, Portland, Oregon 97201.**

**Program Title:**  
FreshStart: Computer Software.

**Contact:**  
Ms. Cathy H. Rowland, Public Education Director  
(503)295-6422.

**Description:**  
The American Cancer Society's FreshStart cessation program is available on PC compatible software. This interactive program includes a customized printout with specific quit strategies and self-help instructions. This program is lent to the public at no cost.

**1109. AMERICAN CANCER SOCIETY, OREGON DIVISION, INC., 0330 Southwest Curry Street, Portland, Oregon 97201.**

**Program Title:**  
FreshStart: 21 Days To Stop Smoking.

**Contact:**  
Ms. Cathy H. Rowland, Public Education Director  
(503)295-6422.

**Description:**  
This self-help program includes: a 159-page paperback at a cost of \$3.95; an audiocassette at a cost of \$7.95; and a VHS format videocassette at a cost of \$29.95. These items may be ordered at local bookstores or by calling (800)446-3500, operator 866.

**1110. AMERICAN CANCER SOCIETY, OREGON DIVISION, INC., 0330 Southwest Curry Street, Portland, Oregon 97201.**

**Program Title:**  
The Gnome.

**Contact:**  
Ms. Cathy H. Rowland, Public Education Director  
(503)295-6422.

**Description:**  
This smoking prevention kit was designed for students in grades 2 to 3. Children learn the health effects of tobacco use as well as polite ways to tell a smoker how they feel or to leave a room when someone is smoking. This package includes a puppet, script, activities, and posters. There is no charge for this program.

**1111. AMERICAN CANCER SOCIETY, OREGON DIVISION, INC., 0330 Southwest Curry Street, Portland, Oregon 97201.**

**Program Title:**  
Know Smoke.

**Contact:**  
Ms. Cathy H. Rowland, Public Education Director  
(503)295-6422.

**Description:**  
Know Smoke is a computer software program designed for teenagers 12 to 18 years of age. This program provides general facts and personalized information regarding an individual's smoking habit. This program is lent free to schools and other organizations.

**1112. AMERICAN CANCER SOCIETY, OREGON DIVISION, INC., 0330 Southwest Curry Street, Portland, Oregon 97201.**

**Program Title:**  
Quitter's Guide.

**Contact:**  
Ms. Cathy H. Rowland, Public Education Director  
(503)295-6422.

**Description:**  
This 7-day plan to stop smoking, compiled into a booklet by the American Cancer Society, is distributed to the public at no cost. For more information, see the detailed program description in Part 1.

**1113. AMERICAN CANCER SOCIETY, OREGON DIVISION, INC., 0330 Southwest Curry Street, Portland, Oregon 97201.**

**Program Title:**  
Speakers' Bureau.

**Contact:**

Ms. Cathy H. Rowland, Public Education Director  
(503)295-6422.

**Description:**

Speakers and films on lung cancer, smoking, and the benefits of quitting are available to employee groups and other organizations at no cost.

**1114. AMERICAN CANCER SOCIETY, OREGON DIVISION, INC., 0330 Southwest Curry Street, Portland, Oregon 97201.**

**Program Title:**

Starting Free: Good Air For Me.

**Contact:**

Ms. Cathy H. Rowland, Public Education Director  
(503)295-6422.

**Description:**

The American Cancer Society's preschool smoking prevention program is available. For more information, see the detailed program description in Part 1.

**1115. AMERICAN CANCER SOCIETY, OREGON DIVISION, INC., 0330 Southwest Curry Street, Portland, Oregon 97201.**

**Program Title:**

Tobacco Free Teens.

**Contact:**

Ms. Cathy H. Rowland, Public Education Director  
(503)295-6422.

**Description:**

In conjunction with the American Lung Association of Oregon, this eight-session program is offered to teenagers. Teachers and other adults are trained to conduct the program at their own locations. There is no charge for this program.

**1116. AMERICAN HEART ASSOCIATION, OREGON AFFILIATE, 2121 Southwest Broadway, Portland, Oregon 97201-3146.**

**Program Title:**

Save A Sweet Heart.

**Contact:**

Mr. G. Anthony Starbird, Affiliate Executive Director  
(503)336-2575 or (800)452-9445.

**Description:**

The American Heart Association's Save A Sweet Heart program is offered. For more information, see the detailed program description in Part 1.

**1117. AMERICAN HEART ASSOCIATION, OREGON AFFILIATE, 2121 Southwest Broadway, Portland, Oregon 97201-3146.**

**Program Title:**

Tobacco Free Young America.

**Contact:**

Mr. G. Anthony Starbird, Affiliate Executive Director  
(503)226-2575 or (800)452-9445.

**Description:**

The American Heart Association's Tobacco Free Young America campaign is promoted. For more information, see the detailed program description in Part 1.

**1118. AMERICAN LUNG ASSOCIATION OF OREGON, 319 Southwest Washington, Suite 520, Portland, Oregon 97204.**

**Program Title:**

Freedom From Smoking.

**Contact:**

Jeanette Bader, M.S.W., Northern Region Director  
(503)224-5145.

**Description:**

The American Lung Association's Freedom From Smoking program is offered. For more information, see the detailed program description in Part 1.

**1119. AMERICAN LUNG ASSOCIATION OF OREGON, 319 Southwest Washington, Suite 520, Portland, Oregon 97204.**

**Program Title:**

Freedom From Smoking For You And Your Family.

**Contact:**

Jeanette Bader, M.S.W., Northern Region Director  
(503)224-5145.

**Description:**

A new component to the American Lung Association's Smoke-Free Family campaign, this 54-page manual assists smokers in kicking the habit. For more information, see the detailed program description in Part 1.

**1120. AMERICAN LUNG ASSOCIATION OF OREGON, 319 Southwest Washington, Suite 520, Portland, Oregon 97204.**

**Program Title:**

In Control.

**Contact:**

Jeanette Bader, M.S.W., Northern Region Director  
(503)224-5145.

**Description:**

The In Control videocassette program may be purchased or borrowed. For more information, see the detailed program description in Part 1.

**1121. AMERICAN LUNG ASSOCIATION OF OREGON, 319 Southwest Washington, Suite 520, Portland, Oregon 97204.**

**Program Title:**  
Smoke-Free Line.

**Contact:**  
Jeanette Bader, M.S.W., Northern Region Director  
(503)224-5145.

**Description:**  
Smoke-Free Line is a 24-hour toll-free hotline for people in Oregon who are trying to stop smoking. The caller receives a recorded message that changes daily. Monday through Friday, a caller can stay on the line and talk to a counselor. The objective is to provide additional, ongoing support to people who are quitting smoking. One-week, 3-month, 6-month, and 1-year followup calls are made to those who have asked for counseling help, with their permission.

**1122. GOODSAMARITAN HOSPITAL, Health Care Center, 3600 Northwest Samaritan Drive, Room 4-S26, Post Office Box 1068, Corvallis, Oregon 97339.**

**Program Title:**  
Stop Smoking.

**Contact:**  
Ms. Janie Krieg, Hospital Coordinator and Linda R. Bryson, M.S., Smoking Consultant  
(503)757-5121 and 758-5139.

**Description:**  
This six-session class meets twice weekly for 3 weeks. Monthly support meetings continue for 1 year. The cost of the program is \$50 and the class text, *Are You Ready To Quit Smoking?*, is available for \$9.95.

**1123. OREGON CONFERENCE OF SEVENTH-DAY ADVENTISTS, 13400 Southeast 97th Avenue, Clackamas, Oregon 97015.**

**Program Title:**  
Breathe-Free Plan To Stop Smoking.

**Contact:**  
Mr. Frank W. Baker, Director, Health Services  
(503)652-2225.

**Description:**  
For a complete outline of the Breathe-Free Plan To Stop Smoking, see the detailed program description in Part 1.

**1124. SAINT VINCENT HOSPITAL AND MEDICAL CENTER, Health and Lifestyle Center, 1885 Northwest 185th Avenue, Aloha, Oregon 97006.**

**Program Title:**  
Stop Smoking.

**Contact:**  
Ms. Gail Harris, Health and Lifestyle Center Coordinator  
(503)645-4864.

**Description:**  
The Health and Lifestyle Center has been offering their Stop Smoking program since 1982. The 8-week program meets twice a week for the first 4 weeks and once a week for the last 4 weeks. Participants quit smoking on the fifth class. The first four classes prepare the participants for quit day and the remaining classes reinforce the new behavior of being a non-smoker. Participants are also given a manual to follow throughout the class. Followup is conducted with participants for one year after they complete the program.

## PENNSYLVANIA

**1125. AMERICAN CANCER SOCIETY, PENNSYLVANIA DIVISION, INC., Route 422 and Sipe Avenue, Hershey, Pennsylvania 17033-0897.**

**Program Title:**  
Breaking Free.

**Contact:**  
Ms. Sharon H. McCool, Public Education Director  
(717)533-6144.

**Description:**  
This cessation program for teenagers is available. For more information, see the detailed program description in Part 1.

**1126. AMERICAN CANCER SOCIETY, PENNSYLVANIA DIVISION, INC., Route 422 and Sipe Avenue, Hershey, Pennsylvania 17033-0897.**

**Program Title:**  
FreshStart.

**Contact:**  
Ms. Sharon H. McCool, Public Education Director  
(717)533-6144.

**Description:**  
The American Cancer Society's FreshStart smoking cessation clinic is offered. For more information, see the detailed program description in Part 1.

**1127. AMERICAN CANCER SOCIETY, PENNSYLVANIA DIVISION, INC., Route 422 and Sipe Avenue, Hershey, Pennsylvania 17033-0897.**

**Program Title:**  
Starting Free: Good Air For Me.

**Contact:**  
Ms. Sharon H. McCool, Public Education Director  
(717)533-6144.

**Description:**  
Smoking prevention program packages for preschool children are offered. For more information, see the detailed program description in Part 1.

**1128. AMERICAN CANCER SOCIETY, PHILADELPHIA DIVISION, INC., 1422 Chestnut Street, Philadelphia, Pennsylvania 19102.**

**Program Title:**  
FreshStart.

**Contact:**  
Stephen Gambrescia, M.Ed., Coordinator  
(215)665-2959.

**Description:**  
The American Cancer Society's FreshStart program is offered. For more information, see the detailed program description in Part 1.

**1129. AMERICAN CANCER SOCIETY, PHILADELPHIA DIVISION, INC., 1422 Chestnut Street, Philadelphia, Pennsylvania 19102.**

**Program Title:**  
FreshStart: 21 Days To Stop Smoking.

**Contact:**  
Stephen Gambrescia, M.Ed., Coordinator  
(215)665-2959.

**Description:**  
This new audio and videocassette program, based on the FreshStart program, allows quitters to chose where they quit and offers group support in the privacy of their own homes.

**1130. AMERICAN CANCER SOCIETY, PHILADELPHIA DIVISION, INC., 1422 Chestnut Street, Philadelphia, Pennsylvania 19102.**

**Program Title:**  
Quitter's Guide.

**Contact:**  
Stephen Gambrescia, M.Ed., Coordinator  
(215)665-2959.

**Description:**  
This self-help pamphlet is available upon request. For more information, see the detailed program description in Part 1.

**1131. AMERICAN HEART ASSOCIATION, PENNSYLVANIA AFFILIATE, 3700 Vartan Way, Harrisburg, Pennsylvania 17110.**

**Program Title:**  
Calling It Quits.

**Contact:**  
Ms. B. Linda Greaver, Program Director  
(717)657-3383.

**Description:**  
The Calling It Quits brochure, developed by the American Heart Association, is available free of charge. For more information, see the detailed program description in Part 1.

**1132. AMERICAN HEART ASSOCIATION, PENNSYLVANIA AFFILIATE, 3700 Vartan Way, Harrisburg, Pennsylvania 17110.**

**Program Title:**  
School Health Education.

**Contact:**  
Ms. B. Linda Greaver, Program Director  
(717)657-3383.

**Description:**  
Smoking education programs are directed toward all school-aged children. The program includes Heart Health Education Of The Young, A Resource Guide, for teachers of kindergarten through grade 12, and Save A Sweet Heart, for high school students. For more information, see the detailed program descriptions in Part 1.

**1133. AMERICAN LUNG ASSOCIATION OF BERKS COUNTY, 611 Walnut Street, Post Office Box 137, Reading, Pennsylvania, 19603.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Ms. Deb Hannah, Program Associate  
(215)373-0253.

**Description:**  
Freedom From Smoking programs include public and worksite clinics, consultation on policies for business, self-help manuals, and videotapes. For more information, see the detailed program description in Part 1.

**1134. AMERICAN LUNG ASSOCIATION OF BUCKS COUNTY, 272 Titus Avenue, Post Office Box 251, Warrington, Pennsylvania 18976.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Ms. Lynne Manley, Program Director  
(215)343-6420.

**Description:**

Freedom From Smoking cessation clinics and self-help manuals are available. Clinics are conducted at various sites, including workplaces and community-oriented locations. Freedom From Smoking In 20 Days and A Lifetime Of Freedom From Smoking are the two cessation and maintenance manuals designed for use by the individuals on their own. For more information, see the detailed program descriptions in Part 1.

**1135. AMERICAN LUNG ASSOCIATION OF CENTRAL PENNSYLVANIA, 123 Forster Street, Post Office Box 1632, Harrisburg, Pennsylvania 17105-1632.**

**Program Title:**  
Breathing Easy.

**Contact:**  
Ms. Kim McKeown, Program Director  
(717)234-5991.

**Description:**  
This program consists of a 30-minute 16mm color film and an accompanying teacher's guide for junior high school teachers.

**1136. AMERICAN LUNG ASSOCIATION OF CENTRAL PENNSYLVANIA, 123 Forster Street, Post Office Box 1632, Harrisburg, Pennsylvania 17105-1632.**

**Program Title:**  
Freedom From Smoking Clinics.

**Contact:**  
Ms. Kim McKeown, Program Director  
(717)234-5991.

**Description:**  
The American Lung Association's Freedom From Smoking clinics are offered to the general public and to private organizations. For more information, see the detailed program description in Part 1.

**1137. AMERICAN LUNG ASSOCIATION OF CENTRAL PENNSYLVANIA, 123 Forster Street, Post Office Box 1632, Harrisburg, Pennsylvania 17105-1632.**

**Program Title:**  
Freedom From Smoking For You And Your Baby.

**Contact:**  
Ms. Kim McKeown, Program Director  
(717)234-5991.

**Description:**  
This 32-page manual is a self-help program designed to assist a pregnant woman in quitting smoking in 10 days. For more information, see the detailed program description in Part 1.

**1138. AMERICAN LUNG ASSOCIATION OF CENTRAL PENNSYLVANIA, 123 Forster Street, Post Office Box 1632, Harrisburg, Pennsylvania 17105-1632.**

**Program Title:**  
Freedom From Smoking For You And Your Family.

**Contact:**  
Ms. Kim McKeown, Program Director  
(717)234-5991.

**Description:**  
A new component of the American Lung Association's Smoke-Free Family campaign, this 54-page manual assists smokers in kicking the habit. For more information, see the detailed program description in Part 1.

**1139. AMERICAN LUNG ASSOCIATION OF CENTRAL PENNSYLVANIA, 123 Forster Street, Post Office Box 1632, Harrisburg, Pennsylvania 17105-1632.**

**Program Title:**  
Freedom From Smoking Self-Help Manuals.

**Contact:**  
Ms. Kim McKeown, Program Director  
(717)234-5991.

**Description:**  
The self-help program is presented in the form of two manuals: the first manual helps a person stop smoking and the second manual helps a person stay off cigarettes. For more information, see the detailed program description in Part 1.

**1140. AMERICAN LUNG ASSOCIATION OF CENTRAL PENNSYLVANIA, 123 Forster Street, Post Office Box 1632, Harrisburg, Pennsylvania 17105-1632.**

**Program Title:**  
Hugh McCabe: The Coach's Final Lesson.

**Contact:**  
Ms. Kim McKeown, Program Director  
(717)234-5991.

**Description:**  
The American Lung Association has made "Hugh McCabe: The Coach's Final Lesson," available for use in the community. For more information, see the detailed program description in Part 1.

**1141. AMERICAN LUNG ASSOCIATION OF CENTRAL PENNSYLVANIA, 123 Forster Street, Post Office Box 1632, Harrisburg, Pennsylvania 17105-1632.**

**Program Title:**  
In Control.

**Contact:**  
Ms. Kim McKeown, Program Director  
(717)234-5991.

**Description:**  
The American Lung Association's In Control videocassette smoking cessation program is available. The videocassette may be purchased or borrowed at no cost. For more information, see the detailed program description in Part 1.

**1142. AMERICAN LUNG ASSOCIATION OF CENTRAL PENNSYLVANIA, 123 Forster Street, Post Office Box 1632, Harrisburg, Pennsylvania 17105-1632.**

**Program Title:**  
Marijuana: A Second Look.

**Contact:**  
Ms. Kim McKeown, Program Director  
(717)234-5991.

**Description:**  
The American Lung Association's Marijuana: A Second Look program is available to schools and community groups. For more information, see the detailed program description in Part 1.

**1143. AMERICAN LUNG ASSOCIATION OF DELAWARE/CHESTER COUNTIES, Post Office Box 1329, West Chester, Pennsylvania 19380.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Mr. John Garbin, Program Director  
(215)692-4233.

**Description:**  
Corporations are encouraged to allow employee group smoking cessation clinics at their worksites. For more information, see the detailed program description in Part 1.

**1144. AMERICAN LUNG ASSOCIATION OF LANCASTER COUNTY, 630 Janet Avenue, Lancaster, Pennsylvania 17601.**

**Program Title:**  
Freedom From Smoking.

**Contact:**  
Susan J. Sink, R.N., B.S.N., Program Director  
(717)397-5203.

**Description:**  
Group cessation clinics based on the American Lung Association's Freedom From Smoking manuals and clinic guide are offered through area hospital programs or directly to area companies. Consultation to companies interested in smoking control policies is provided. For more information, see the detailed program description in Part 1.

**1145. AMERICAN LUNG ASSOCIATION OF LANCASTER COUNTY, 630 Janet Avenue, Lancaster, Pennsylvania 17601.**

**Program Title:**  
Freedom From Smoking For You And Your Baby.

**Contact:**  
Susan J. Sink, R.N., B.S.N., Program Director  
(717)397-5203.

**Description:**  
A special self-help cessation program for pregnant smokers is offered. For more information, see the detailed program description in Part 1.

**1146. AMERICAN LUNG ASSOCIATION OF LANCASTER COUNTY, 630 Janet Avenue, Lancaster, Pennsylvania 17601.**

**Program Title:**  
Freedom From Smoking Self-Help Manuals.

**Contact:**  
Susan J. Sink, R.N., B.S.N., Program Director  
(717)397-5203.

**Description:**  
The American Lung Association's Freedom From Smoking self-help manuals are offered. For more information, see the detailed program description in Part 1.

**1147. AMERICAN LUNG ASSOCIATION OF LANCASTER COUNTY, 630 Janet Avenue, Lancaster, Pennsylvania 17601.**

**Program Title:**  
School Health Education.

**Contact:**  
Susan J. Sink, R.N., B.S.N., Program Director  
(717)397-5203.

**Description:**  
Various curriculum programs designed to prevent children from beginning to smoke and emphasizing general good health are offered.

**1148. AMERICAN LUNG ASSOCIATION OF LEHIGH VALLEY, Valley Federal Building, 2nd Floor, Club Avenue and Union Boulevard, Bethlehem, Pennsylvania 18018.**

**Program Title:**  
Freedom From Smoking Clinics.

**Contact:**  
Mr. John R. Williams, Executive Director  
(215)867-4100.